



Natural Energy Boosters
(CAFFEINE FREE)

**TRY
THESE
5 EASY
TIPS...**

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Caffeine is a stimulant – for someone with anxiety, it can be troublesome.

Caffeine's jittery effect on your body is similar to the feelings you get after a frightening event. That's because caffeine stimulates your "fight or flight" response. Studies show that this can make anxiety worse and can trigger panic attacks.

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Go outside

Stand outside the second you wake up. If it's still dark out, turn on lots of lights.



Stretch

Stretch or do some light yoga upon waking to get your blood flowing.



Meditate

If you're dragging in the middle of the day try a 10-20 minute meditation/self-hypnosis. Putting yourself in the alpha/theta brainwave states can act as a power nap and give you a boost of energy



Peppermint

Peppermint-bomb with peppermint essential oils (rub a couple drops in your hands, cup your hands over your face and take three deep breaths)



Sleep

GET 7-9 HOURS OF
SLEEP CONSISTENTLY!!